

A CRITICAL REVIEW ON NIDRA VEGA DHARANA

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ABSTRACT

Ayurveda is an ancient Indian medical system which aims in holistic approach to maintain health and preventing diseases. According to Ayurvedic principles, *hetus* (causative factor) play an important role in disease pathogenesis. Suppression of *Vegas* (natural urges) is an important but always neglected *hetu*. It is essential to not to suppress *Adharaniya vegas* (related to body) and to suppress *Dharaniya vega* (related to mind).

KEYWORDS: Vega, Natural urges, Ayurveda, Nidra Vega Vidharana.**INTRODUCTION**

Our body is always involved in activities, many of which are beyond our awareness. Many of these activities, can be stopped or controlled by us. Since such urges are having utmost importance for proper functioning of our body; stopping or controlling it can lead to disease manifestation. So awareness about that sort of urges should not be neglected for maintaining the health. These urges are 14 in number (according to *Ashtanga Hrudaya*) and in general it is termed as '*Vega*'. These can be enumerated as *Adhovata*, *Urdhwa vata*, *Purisha*, *Mutra*, *Kshavathu*, *Pipasa*, *Kshuta*, *Nidra*, *Kasa*, *Shrama shwasa*, *Jrumbha*, *Ashru*, *Chhardi* and *Retas*. Their proper functioning is the basis of maintenance of Health and hence it should never be suppressed.

In the present scenario, we can find ourselves in such a situation where no importance is given to the *Vegas*(urges). It is to be understood that these urges are part of bodily functions, in order to maintain our internal homeostasis by eliminating toxins or harmful substances which are produced by our body or the foreign materials hampering body's proper functioning and by giving proper rest to the body.

Nidra

Of the 14 *Vegas* mentioned, *Nidra* is given prime importance that it is included among *Trayaupstambha* (3 important pillars for maintaining Healthy life). While discussing about *Nidra*, our classics mentions that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as the survival of life and its termination depend on the sleep^[1] *Nidra* is key for happy life, it increases the strength, maintain the consistency of body. It increases the brain health.^[2]

According to *Acharya Susruta*, *Nidra* is due to its '*Swabhava*'^[3] while *Acharya Charaka* considered it as '*Manah Sharira shrama*'^[4] When the mind including both sensory and motor organs gets exhausted, they get detached from their objects and thereafter the individual sleeps.

Acharya Susruta added that seat of mind is heart and when the mind gets covered with *tamo guna*, the individual sleeps.^[5]

According to *Ashtanga Samgraha*, when the *Srotas* of the body gets obstructed and covered by *Kapha* along that body attains fatigue, then mind gets detached from sense organs resulting in that individual's sleep.^[6]

According to *Acharya Sharngdhara* sleep is resultant stage when *Kapha* and *Tama* predominates.^[7]

It is also important to consider the quality as well as quantity of sleep. If a person has low quality sleep, they feel tired the next day, regardless of how hours they have slept.^[8]

How sleep affects mental health

Every 90 minutes, a normal sleeper cycles between 2 major categories of sleep although the length of time spent in one or the other changes as sleep progresses.

During "quiet" sleep, a person progresses through 4 stages of increasingly deep sleep. Body temperature drops, muscles relax and heart rate and breathing slow. The deepest stage of quiet sleep produces physiological changes that help to boost immune system functioning.

The other sleep category, REM (Rapid Eye Movement) sleep is the period when people dream. Body temperature, Blood pressure, heart rate and breathing increase to levels measured when people are awake. Studies report that REM sleep enhances learning and

memory, and contributes to emotional health in complex ways.

Sleep disruption affects levels of Neurotransmitters and Stress hormones, among other things -wreaks havoc in the brain, impairing thinking and emotional regulation.^[9]

Effects of *Nidra vega dharana*

The signs and symptoms caused due to the *Nidra vega vidharana* is enumerated below.

Sl.no	Lakshana	Charaka Samhita ^[10]	Susruta Samhita ^[11]	Ashtanga hrudaya ^[12]	Ashtanga samgraha ^[13]	Madhava nidan ^[14]
1	Moha	-	-	+	+	-
2	Murdha gaurava	-	-	+	+	-
3	Akshi gaurava	+	-	+	+	-
4	Alasya	-	-	+	+	-
5	Jrumbha	+	+	+	+	+
6	Angamarda	+	+	+	+	+
7	Anga jadya	-	+	-	-	-
8	Tandra	+	-	-	-	-
9	Shiro roga	+	-	-	-	-
10.	Shiro Jadya	-	+	-	-	+
11.	Akshi jadya	-	+	-	-	+

Chikitsa of *Nidra vega dharana*

According to *Ashtanga Hrudaya*, *nidra Vega dharanajanya vikaras* can be treated by *Swapna* (sleep) and *samvahana*. *Acharya Charaka* also opines the same.^[15] For the word *samvahana*, commentators gave different view point. *Acharya Arunadutta* mentioned it as *Swalpa Mardana* (mild massage) while *Acharya Hemadri* told it as *Suga sparshana* (soft touch) *Acharya Chakrapani* (for *Charaka Samhita*) mentioned about *Samvahana* at *Pani Pada Pradeshe* i.e, soft and gentle massage of hands and feet.

Acharya Susruta has mentioned *Dugdha Sevana*, *Shayana* and *Mano Priya Katha*.

Shravana, *Acharya Dalhana* gives explanation that it is *Gau Dugdha*.^[16]

DISCUSSION

Acharya Charaka in the context of *Agrya Aushada* describes "*Vegasandharanam Anarogyakaraanam*" This quotation itself explains the importance of *Vegas* or *Urges* and its suppression, that it can result in manifestation of any illness. So one desirous of healthy life, should not suppress *Vegas*.

But in today's scenario, priority for health have changed, there by suppression of urges are commonly seen. Among the 14 *Vegas* explained, it is *Nidra vega* which can maintain and restore both mental and physical health.

Occasional interruptions to sleep can be a nuisance, while an ongoing lack of quality sleep can effect a person's performance at work or school, their ability to function day today, their quality of life and their health.^[8]

Sleep deprivation can affect various aspects of health including

- Impaired immune system
- Changes in body weight
- Increase in the risk of Cardiovascular disease.
- Affects hormone production
- The improper functioning of brain
- Lack of sleep can also limit the ability to:
- Pay attention
- React quickly
- Make decisions

So it is utmost important to have sound, quality sleep. There are many ways to support quality sleep, including counselling, lifestyle, and environmental adjustments, medications and alternative therapies.

Sometimes a person also needs treatment for an underlying health condition.^[9]

Mahishi ksheera (Buffalo's milk), *Padabhyanga* (foot massage), *Chankramana* (slow walking) are also told to have *Nidrajanaka* property.

CONCLUSION

From above discussion, a conclusion which be drawn is that suppression of *Vegas* causes vitiation of *doshas* of the body mainly *Vata dosha*. According to *Ayurveda*, main line of treatment in all sort of diseases is '*Nidaana parivarjanam hi Chikitsa*' means avoiding the cause of diseases itself is treatment. Hence *Acharya Vagbhatta* under *Roganutpadaniya Adhyaya* described the importance of *Vega dharana* in causing the disease.

Today's life style diseases can be prevented by following *Sadvrutta*, *Dinacharya* and *Ritucharya* regarding *Adharaneeya Vegas*. Following these principles one can maintain physical, mental and social health.

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